

# Red Snapper Alicante

Louise Rousseau Brunner  
Casserole Treasury (1964)

## Servings: 3

1 pound red snapper fillets  
1 medium onion, sliced  
1/2 teaspoon salt  
dash pepper  
2 tablespoons salad oil  
1 tablespoon dry white wine  
1/4 cup chopped nuts

Preheat the oven to 350 degrees.

Place the onion slices in the bottom of a greased flat casserole. Arrange the fillets on top. Season with salt and pepper.

Pour the oil and wine over the fish. Sprinkle with nuts.

Bake for 15 to 20 minutes or until the fish flakes readily.

Per Serving (excluding unknown items): 171 Calories; 16g Fat (81.4% calories from fat); 2g Protein; 6g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 358mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 3 Fat.

Seafood

## Per Serving Nutritional Analysis

Calories (kcal):	171
% Calories from Fat:	81.4%
% Calories from Carbohydrates:	13.1%
% Calories from Protein:	5.5%
Total Fat (g):	16g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	9g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	0mg
Carbohydrate (g):	6g
Dietary Fiber (g):	2g
Protein (g):	2g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	17mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	3
% Daily Value*	on on%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0

**Sodium (mg):** 358mg  
**Potassium (mg):** 130mg  
**Calcium (mg):** 23mg  
**Iron (mg):** trace  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 2mg  
**Vitamin A (i.u.):** 2IU  
**Vitamin A (r.e.):** 0RE

**Vegetable:** 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 3  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 3

### Amount Per Serving

**Calories** 171 Calories from Fat: 139

### % Daily Values\*

<b>Total Fat</b>	16g	24%
Saturated Fat	2g	10%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	358mg	15%
<b>Total Carbohydrates</b>	6g	2%
Dietary Fiber	2g	7%
<b>Protein</b>	2g	
<b>Vitamin A</b>		0%
<b>Vitamin C</b>		4%
<b>Calcium</b>		2%
<b>Iron</b>		3%

\* Percent Daily Values are based on a 2000 calorie diet.